

# Resource and Referral Guide for Mothers and Families

## Hampden County

It's normal to be stressed or tired during pregnancy — and after your baby's born. The good news is that getting support can help. Here's a list of services that may be available to you:

If you're worried about your safety or the safety of your children, please call the following **24-hour care crisis services** or go to the closest emergency room right away.

Behavioral Health Network (BHN)  
**(413) 733-6661**

Suicide Prevention Hotline  
**1-800-PPD-MOMS**

## Support Groups

*Motherhood can be surprising in many ways. Meet other mothers and share your experiences of being a mom. Most groups do not meet during public school vacation and snow days.*

- ★ MotherWoman facilitator trained support groups

**Baystate Medical Center**  
**It Takes a Village — New Parents**  
Thursday @ 10:00 AM Greenwood Center  
291 Maple Road, Longmeadow, MA  
**(413) 794-5515**

- ★ **Baystate Medical Center — Mother to Mother**  
Friday @ 12:30 PM  
NICU Family Lounge, Wesson 2nd  
759 Chestnut Street, Springfield, MA  
**(413) 794-5515**

- ★ **It Takes a Village — Mothers Circle**  
Tuesday @ 10:00 AM St. Johns Corner  
469 Main Street, Ashfield, MA  
*Facilitator is certified therapist. Free childcare and refreshments.*  
**(413) 650-3640** or [info@hilltownvillage.org](mailto:info@hilltownvillage.org)

- ★ **Midwifery Care of Holyoke**  
Wednesday @ 1:00 PM  
230 Maple Street, Holyoke, MA  
**(413) 534-2700**

- ★ **Square One — Mothers in Recovery**  
Friday @ 10:30 AM  
Square One Family Center  
1095 Main Street, Springfield, MA  
*Free childcare, refreshments and assistance with transportation.*  
**Contact:** Jenise Katalina  
**(413) 858-3122**

## Counseling and Therapy

*Being a mother is a tough job. It's okay to ask for help. Ask questions and share your concerns*

**Coletta Aberdale, LICSW**  
Chicopee and South Hadley, MA  
**(413) 493-2563**

**Baystate Health**  
**Adult Behavioral Health Services**  
Springfield, MA  
**(413) 794-5555**  
[www.baystatehealth.org/services/behavioral-health](http://www.baystatehealth.org/services/behavioral-health)

**Behavioral Health Network (BHN)**  
Liberty Street Clinic  
Springfield, MA  
**(413) 736-3668**  
[www.bhninc.org](http://www.bhninc.org)

**Behavioral Health Network (BHN)**  
**Mount Tom Center for Mental Health and Recovery**  
40 Bobala Road, Holyoke, MA  
**(413) 536-5475**

**Behavioral Health Network (BHN)**  
**City Clinic and HHC City Clinic**  
235 Maple Street, Holyoke, MA  
**(413) 532-0389**

**Carson Center for Human Services**  
Springfield: **(413) 737-3730**  
Ware: **(413) 967-6241**  
Westfield: **(413) 568-6141**

**Community Health Resource**  
Enfield, CT  
**(877) 884-3571**

**Counseling/Gynecology Group**  
Teana Mirapae & Lauren Gaffney  
Longmeadow, MA  
**(413) 567-9355**

**Sarah Crawford, LICSW**  
Easthampton, MA  
**(413) 695-3772**

**Meg Colenback, RN, LICSW**  
Easthampton, MA  
**(413) 650-6903**

**Susan Dudek, LICSW**  
West Springfield, MA  
**(413) 781-3307**

**Holyoke Medical Center**  
**Adult Outpatient Services**  
20 Hospital Drive  
**(413) 534-2698**

**Lauren Harris, LMHC**  
Easthampton, MA  
**(413) 369-3791**

**Gandara Mental Health**  
Holyoke  
**(413) 736-8329**

**Annie Hotchkiss, LICSW**  
Westfield, MA  
**(413) 297-5564**

**Alexia Johnstone, LMHC**  
697 Main Street, Suite 6  
Holden, MA  
**(413) 320-6453**

**Celia Mackinnon, LMHC, LMFT**  
West Springfield, MA  
**(413) 758-1973**

**Cheryl Przewdziecki**  
Chicopee, MA  
**(413) 885-0978**

**River Valley Counseling Center**  
Holyoke, MA  
**(413) 737-2437**

### ServiceNet Mental Health

Holyoke, MA  
(413) 533-5201

### Thom Child and Family Services

Springfield, MA  
(413) 783-5500

### Kathy Varner, LICSW Susan Goldman, LICSW

West Springfield, MA  
(413) 781-2348

## Prescribers

*How do I know if I need medication or if it's the right thing for me? Share your experience and history. Ask questions and share your concerns.*

### Liz Betuch, MS, APRN

1236 Main Street, #202 A  
Holyoke, MA  
(413) 532-6777

### Mending Minds

#### Laurie Kimball, NP

296 North Main Street, #20  
East Longmeadow, MA  
(413) 525-5080

### Morris Pardo, MD

299 Carew Street, #207  
Springfield, MA  
(413) 733-2050

### Psych Care Associates

185 West Avenue, Suite 301  
Ludlow, MA  
(413) 583-6750

### Valerie Sharpe, MD

#### Baystate Health Adult Behavioral Health Services

Springfield, MA  
(413) 794-7035

**MCPAP for Moms** is a statewide program that offers consultation and referral services to front line medical and psychiatric providers serving pregnant and postpartum women.

Contact number for providers:  
(855) MOM-MCPAP (855-666-6272)

## Resources for Young Parents

*Being a young mother can be challenging and stressful. There are resources available for you.*

### Springfield Pregnant and Parenting Teen Network

A program of ROCA that provides social, emotional, and physical health support for expectant or parenting teens, ages 14-24.  
Springfield, MA

Email: [springfield@rocainc.com](mailto:springfield@rocainc.com)  
(413) 846-4301

### Holyoke Teen Parenting Program

Education assistance, connections to community resources, parenting guidance and support, for expectant and/or parenting teens, ages 14-24.  
9 Sullivan Road, Holyoke, MA

Contact: Laura Farnsworth  
(413) 532-9446 or [lfarnsworth@mspcc.org](mailto:lfarnsworth@mspcc.org)

**Healthy Families** is a free and voluntary, home-based family support and coaching program for young first-time parents. You can sign up for the program during pregnancy and continue up to your child's third birthday.

### Healthy Families – Holyoke

Parent education, support groups, and connection to community resources.

9 Sullivan Road, Holyoke, MA  
Contact: Angie Morrell  
(413) 532-9446

### Healthy Families – Springfield

Parent education, support groups, and connection to community resources.

1095 Main Street, Springfield, MA  
Contact: Liz Szarkowski  
(413) 858-3132

### Parents as Teachers Holyoke & Springfield

a free and voluntary program that equips parents with the knowledge and resources to prepare their children, from prenatal through kindergarten, for a stronger start in life and greater success in school. Services include home visiting, group connections, and community resources.

1095 Main Street, Springfield  
Contact: Jenise Katalina  
(413) 858-3122

## Additional Resources

### Early Head Start

Serves pregnant moms and children birth to three in a home based or center based model. NOTE: Families & children must meet certain financial and age guidelines.

Holyoke | Chicopee | Springfield  
Contacts: Nicole Blais and Sarah DeWolfe  
(413) 788-6522

### It Takes a Village

Offers free neighbor-to-neighbor support to families with infants and young children living in the Hilltowns of western MA. Also offers a Village Closet for all local moms; a storehouse of maternity and baby supplies, free for anyone who is in need.

[Info@hilltownvillage.org](mailto:Info@hilltownvillage.org)  
(413) 650-3640

### MA Society for the Prevention of Cruelty to Children, a division of Eliot Healthy Families | Holyoke

Pregnancy and parenting support, child and family counseling, and adoption and foster care services.

9 Sullivan Road, Holyoke  
(413) 532-9446

### Home- City- Families

A Grant-funded program within Springfield Public Schools, offering a network of information, support and programming to families in Springfield.

Programs include: FREE Parenting Workshops, Library Story times and Playgroups at 6 community libraries in Springfield, "Ready for Kindergarten" program, and many more. Will provide a Free New Baby Outreach Visit with a gift bag.

Call 413-787-6959 Ext. 8

[www.homecityfamilies.com](http://www.homecityfamilies.com)

Facebook – Home City Families

### MCPAP for Moms

Website includes a mothers' support group search option and additional resources at [www.mcpapformoms.org](http://www.mcpapformoms.org). Follow the tab labeled <For Mothers and Families>.

### MotherWoman

Provide mothers' support groups led by trained facilitators; offers comprehensive facilitator trainings for MotherWoman Support Groups; and offers professional training to medical and social service providers about postpartum emotional complications.

Holyoke, MA

Email: [info@motherwoman.org](mailto:info@motherwoman.org)

Web: [www.motherwoman.org](http://www.motherwoman.org)

(413) 387-0703

### Parental Stress Hotline

(800) 562-0112

### Pathways for Parents

Guiding parents, educating children, and helping families with children prenatal to age 8.

Contact: Cindy Milner

(413) 583-3527

### Postpartum Support International MA Warmline for help within 24 hours

This telephone WARMLINE and email provide toll-free and confidential information, support and listings of local resources.

[www.postpartumma.org](http://www.postpartumma.org)

WARMLINE: (866) 472-1897

Email: [psiofmass@gmail.com](mailto:psiofmass@gmail.com)

### Square One Family Center

1095 Main Street, Springfield, MA  
(413) 732-5183

### Perinatal Support Coalition of Hampden County

3rd Friday @ 9:00 AM

Baystate Medical Center

759 Chestnut Street, Springfield

Wesson Lundy Board Room

Email: [hampdenresourcesformoms@gmail.com](mailto:hampdenresourcesformoms@gmail.com)

If you provide support for moms and families in Hampden County and would like to be added to this Resource and Referral Guide, please contact us at [hampdenresourcesformoms@gmail.com](mailto:hampdenresourcesformoms@gmail.com)